

Colorado Chapter

Veteran Community Partnership


Colorado Chapter

UPCOMING EVENTS: Virtual Access to Care Rounds-HVP

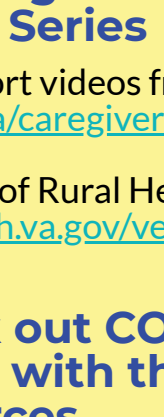
Friday, February 5, 2021
11:00AM-12:00PM MST

Join WebEx Meeting
<https://veteransaffairswebex.com/join/veteransaffairs/onstage/g.php?MTID=e2d9cef7c8b9c1363ddb96df57342a371>

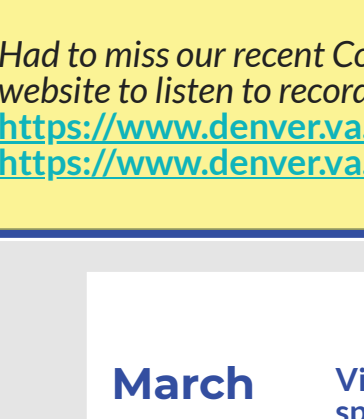
Colorado VCP is excited to announce the return of Access to Care Rounds! Please join us for an interactive panel discussion involving care coordination for a WWII Veteran along with the perspective of the Veteran's daughter. Some of the programs and services that will be discussed include: the Veteran Directed Care Program, the VA Home Based Primary Care Program, DRCOG, and the Aid and Attendance Program.



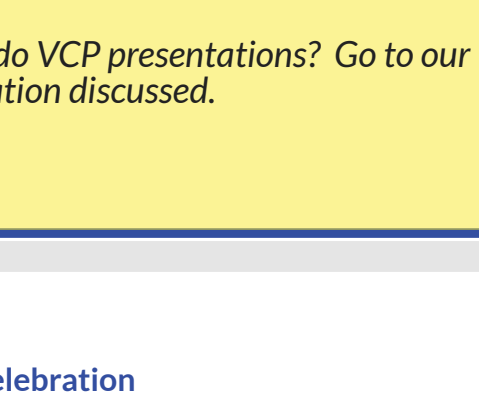
DENVER REGIONAL COUNCIL OF GOVERNMENTS



VA HEALTH CARE
Defining EXCELLENCE in the 21st Century



VA Home Based Primary Care
We Honor Veterans



JEFFERSON COUNTY COLORADO
Human Services



Free Videos: Dementia Caregiver Support & Caregiver Video Series

Two recent dementia caregiver support videos free, online resources:
<https://www.uclahealth.org/dementia/caregiver-education-videos>

Caregiver Video Series- by VA Office of Rural Health--- also accessible from ORH website <https://www.ruralhealth.va.gov/vets/resources.asp#dem>

More Resources! Check out CO VCP Website for Connecting with the VA webinar resources

Had to miss our recent Connecting with the VA webinar or other Colorado VCP presentations? Go to our website to listen to recorded webinars and access resources and information discussed.
<https://www.denverva.gov/grecc/vcp-co>
<https://www.denverva.gov/grecc/vcp-co/resources.asp>


Upcoming Events

March Virtual Welcome Home Vietnam Veterans Day Celebration sponsored by Hospice Veteran Partnership (HVP)
Tentative dates: **March 30, 2021**
Tentative time: **7:00PM-8:00PM**
Details to come!

Check out more resources below!

VCP Coordinator & VA Co-Chair Courtney Bauers
Email: Courtney.Bauers@va.gov
Twitter: [@VACP_CO](https://twitter.com/VACP_CO)

Don't forget to fill out our survey at <https://www.denverva.gov/grecc/vcp-co>



SERVICES THAT MAY HELP

Home Health
Home health services help with personal care, medical care, and daily activities. Skilled home health care providers who can provide physical, occupational, or speech therapy, wound care, medication management, and vital sign monitoring.

Respite Care
Program to give caregivers a break, whether it's for a few hours or a full day. Respite care may be in the home or at a nursing home.

Adult Day Health Care
Program for recreational and social activities for older adults with dementia or with daily activities.

Long Term Care
Nursing homes/Private homes with trained, VA approved caregivers. Community Residential Care-Residences for those who can't live alone but don't need a nursing home. Community nursing homes-Facilities with 24 hours a day nursing care for veterans who need help with daily activities. Community Living Center (CLC)- VA nursing home for eligible veterans. Veterans state homes-Facilities that provide nursing home, domiciliary, or adult day care. Managed by state governments.

CAREGIVER RESOURCES FOR TRAINING AND SUPPORT


Programs to contact
Alzheimer's Association 1-855-260-3274
Alzheimer's Association 1-800-272-3900
<https://www.alz.org/help-support/caregiving>
National Institute of Health 1-800-438-4381
<https://www.nia.nih.gov/health/alzheimers/>
Alzheimer's Foundation 1-866-232-8484
<https://alz.org/>

Videos to watch
<https://www.ruralhealth.va.gov/vets/resources.asp#dem>
UCLA's videos <https://www.uclahealth.org/dementia/caregiver-education-videos>

Books to read
The 36-hour day by Nancy Mace and Peter Rabins
<https://www.amazon.com/36-hour-day-Nancy-Mace/dp/0399507421>
Coping with Behavior Change in Dementia by Beth Spencer and Laurie White

MANAGEMENT OF DEMENTIA RELATED BEHAVIORS

A Guide For Caregivers
Ashley Wolbert, MD
Leon Gu
Esteban Garcia



WHAT ARE DEMENTIA RELATED BEHAVIORS?

Up to 90% of people with dementia have at least one of these behaviors:
• Feeling more sad or depressed
• Losing interest or concern
• Suicidal thoughts
• Excessive worrying
• Getting upset or angry
• Yelling or cursing
• Wandering away from home
• Acting impulsively
• Inappropriate social or sexual behaviors
• Refusing care
• Following you around a lot
• Hiding or hoarding things
• Seeing and hearing things that are not present
• Believing things that are not real
• Becoming more suspicious of others
• Sleep problems
• Appetite changes



COMMON CAUSES FOR DEMENTIA RELATED BEHAVIORS

Physical Problems
• Pain
• Hunger/thirst
• Constipation
• Fatigue
• Problems with eyesight or hearing
• Change in medications
• Alcohol or drug use

Environmental Problems
• Changes in routine
• Unfamiliar people or places
• Too much noise
• Not enough activity or too much activity
• Lights too bright or too dim
• Room temperature is too hot or too cold

THINGS YOU CAN DO
• Address problems that can cause behaviors
• Create a routine
• Schedule enjoyable activities
• Be flexible, what works one time may not work every time
• Be realistic, levels of understanding and ability will change over time
• Don't argue, talk in a calm manner
• Keep things simple
• Switch the subject or activity
• Remove any firearms and dangerous objects
• Watch the food or scans
• Talk to the provider
• Take care of yourself!

WAYS IN WHICH TREATMENT TEAM MIGHT HELP


- Look for medical issues such as infections or medications causing problems
- Refer to a specialist to help with eyesight or hearing
- Counseling or addiction treatment
- Home safety evaluation
- Driving evaluation
- Support services
- Order a medical ID bracelet with your contact information
- Prescribe medications

Medications are used when other approaches no longer work.

Cognitive medications
• Approved by the Federal Drug Administration (FDA) for Alzheimer's Disease.
• Can help some behaviors for other types of dementia.

Antidepressant medications
• Not approved by the FDA for use in dementia.
• May help many different behaviors.
• May take weeks to become effective.

Antipsychotic medications
• Not approved by the FDA for use in dementia.
• May have a side effect more quickly than other medications.
• Usually given for a few weeks or months.
• Can increase risk of stroke and death.



Join Us at the Mobile Food Distribution

Soldiers' Angels Hunger Relief Program will be hosting a Mobile Food Distribution to supply low income veterans with food!

When: Friday, February 5, 2021
11:30 am - 1:30 pm

Where: Elks Lodge
3650 S. Jason Street
Englewood, CO 80110

You MUST sign up ahead of time using the link below:
https://soldiersangels.forumstack.com/forms/denvermfd_0221

No internet access? Call Soldiers' Angels: 210.629.0020

Sponsored By 

Treatment Companion Mobile Apps

www.ptsd.va.gov
MobileMentalHealth@va.gov

NCPSTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. The treatment companion apps listed here are intended to be used by Veterans in treatment with a mental health provider. If you are interested in using one of these apps, talk to your provider about how it might complement your treatment. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, and links to support.

ACT
ACT Coach is for people who are participating in Acceptance and Commitment Therapy (ACT). ACT Coach provides mindfulness exercises to practice the core ACT concepts of acceptance and willingness; tools to help identify personal values and take concrete actions to live by them; and logs to help keep track of useful coping strategies and willingness to practice.

CBT-I
CBT-I Coach is for use by people who are having difficulty sleeping and are participating in Cognitive Behavioral Therapy for Insomnia (CBT-I). CBT-I Coach provides a sleep diary for convenient daily logging of sleep habits; assessment of insomnia, with a graph to view progress; relaxation exercises; and customizable reminders.

CPT
CPT Coach is for people who are participating in Cognitive Processing Therapy (CPT). The app provides assignments for each therapy session, digital versions of worksheets, educational handouts, and assessments for tracking symptoms and progress.

PE
PE Coach is for people currently in Prolonged Exposure (PE) therapy, an evidence-based treatment for posttraumatic stress disorder. The app provides a record of your progress, an in-app recording feature that can be used in session.

PFA
PFA Mobile was designed to assist responders who provide psychological first aid (PFA) to adults, families, and communities. It provides evidence of an organized response effort. This app includes summaries of PFA fundamentals, interventions matched to specific concerns and needs of the community, and a survivor's needs form for simplified data collection and easy referral.

STAIR Coach
STAIR Coach is designed to supplement in-person psychotherapy using Skills Training in Affective and Interpersonal Regulation (STAIR). It also may be useful to people experiencing symptoms of trauma. STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help with managing emotions and relationships. The app includes readings, interactive tools for emotion and behavior management, customizable reminders, and quick links to support.

Stay Quit Coach
Stay Quit Coach is designed for people participating in Integrated Care for Smoking Cessation. The app provides a record of your progress, an in-app recording feature that can be used in session. It also provides personalized information about the benefits of staying quit. It also offers coping tools for people who smoke after their quit date and reminders to take any medications or nicotine replacement therapies.

Date Created: 08/08/2018

How to Download Mobile Apps

1. Open the App Store / Play Store where you can download a mobile app. The icon is pre-installed and can be found on the screen of your phone or in your apps list.
2. Once you launch the App Store / Play Store, select the search icon if you don't see the search bar. Next type "PTSD Coach" (or the name of the app you wish to download) into the search bar and then tap "Search" or search icon as needed. Once you find the app (scroll down if necessary), tap it to select it.
3. Download the selected app by tapping on the "Get" or "Install" button.
4. If asked, enter your Apple or Google ID password or fingerprint.
5. If you remain on the same App Store screen, the "Get" or "Install" button will be replaced by an "Open" button after the download has completed. To access the app, tap this button and follow the on-screen instructions.
6. Once the app finishes downloading, it should automatically create an icon for itself on the home screen. You can tap this icon to open the app at any time without going to the App Store / Play Store again.
7. The first time you open the app, the Software End User License Agreement will appear. To move into the app, you need to read through this and tap the "I Accept" button at the bottom.

License agreement
I agree to the terms and conditions of the license agreement. I understand that it is my sole responsibility to protect and otherwise secure any information captured and stored by the software once installed on my device.

These same instructions can be used to download any VA app.
To learn about more of our apps, please visit: <https://www.ptsd.va.gov>

Email our Mobile Apps Team with app-related questions, feedback, suggestions, or to report bugs: MobileMentalHealth@va.gov



National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

Date Created: 07/24/2018

VA MOBILE APPS, ONLINE PROGRAMS, & MENTAL HEALTH CARE: WHAT YOU NEED TO KNOW

VA mobile mental health apps and online programs are easy to use. You can customize how you learn about posttraumatic stress disorder (PTSD) and related issues. These tools can also help you find skills that work for you and increase your support after trauma.

CAN MOBILE APPS & ONLINE PROGRAMS HELP ME MANAGE PTSD?
Research tells us that mobile apps and online programs can be helpful for mental health management. They allow you to practice and grow skills that can help you manage symptoms.

The best treatments for PTSD are trauma-focused psychotherapies. If you are working with a mental health provider, they might encourage you to use an app or online program before, during, or at the end of treatment. These can help with tracking and managing your symptoms.


WHY VA MOBILE APPS & ONLINE PROGRAMS?

- **Free & Designed for Veterans:** VA mobile apps and online programs are free and made to meet the needs of Veterans.
- **Convenient:** Learn about PTSD, use tools to manage your symptoms and track your progress at any time of day.
- **Customizable:** Find the tools that work best for you. Set reminders to practice your skills and take self-assessments at times that work with your schedule. You can also personalize the apps by uploading your own audio, pictures, contacts, and text.
- **Evidence-Informed:** The psychoeducation and symptom management tools are based on clinical research.
- **Resource-Rich:** All of the VA apps and online programs offer links to resources that can help, from who to reach out to in a crisis to how to grow your support network.

DO I NEED INTERNET ACCESS?
Online programs require internet access.
Once you download a VA app you can use most of the features without internet.
To download an app:
■ Visit the internet
■ Connect Google Play (if you have an Android device) or the App Store (if you have an Apple device)
■ Search for the app you want to test
■ Download it to your device and you are ready to start exploring



National Center for PTSD
POSTTRAUMATIC STRESS DISORDER



VA
U.S. Department of Veterans Affairs

VA MOBILE APPS, ONLINE PROGRAMS, & MENTAL HEALTH CARE: WHAT YOU NEED TO KNOW

HOW DO I USE VA MOBILE APPS & ONLINE PROGRAMS?

- **Before Therapy:** Learn about PTSD, available treatments, and coping skills before you meet with a provider.
- **During Treatment:** Ask your doctor or therapist if you should add a mobile app to your treatment plan. Talk about how to set goals, practice skills, and take self-assessments between sessions.
- **After Therapy:** Continue to use apps to practice skills and track your progress after treatment ends.

IS THE INFORMATION I ENTER PRIVATE?

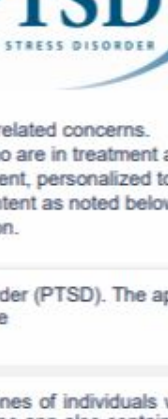

- **Yes-VA apps and online programs are held to a strict privacy standard.** No one will have access to your data. The developers of the VA mobile apps can see general data from the apps, like number of downloads. They don't have access to any personal data.
- **Secure Your Device:** Use a passcode or pin to prevent others from accessing information that you keep on your device.

TO LEARN MORE, VISIT:

- **National Center for PTSD Mobile Mental Health Apps:** www.ptsd.va.gov/appvid/mobile
- **Online Programs for Veterans:** www.veterantraining.va.gov
- **The Veteran Training site offers courses for Veterans on topics like problem solving, good parenting, managing anger and getting help sleep.**
- **PTSD Coach Online:** www.gov.usa.gov/NH4b
- **PTSD Coach Online** is for trauma survivors, their families, and anyone coping with stress.
- **VetChange:** www.ptsd.va.gov/apps/change
- **VetChange** is a free online program for Veterans worried about their drinking.

Questions or suggestions about mobile apps and online programs?
Email us at MobileMentalHealth@va.gov.

Date created: December 11, 2018



Self-Care Mobile Apps

www.ptsd.va.gov
MobileMentalHealth@va.gov

NCPSTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. However, these apps can be used by anyone who has self-care experience. These apps are not for those who are not. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, and links to support. There are also companion websites with extra content as noted below; these websites are independent of the apps and offer another way to access the information.

PTSD
PTSD Coach supports the self-management of posttraumatic stress disorder (PTSD). The app may be used alone or in combination with the website PTSD Coach Online (www.ptsd.va.gov/apps/ptsdcoachonline).

PTSD Family Coach is for partners, family members, and other loved ones of individuals who may be experiencing posttraumatic stress disorder (PTSD). This standalone app also contains support tools for caregiving.

AIMS is an app for anyone with anger problems. It may be used alone, or in combination with the Anger and Irritability Management Skills online self-help course (www.veterantraining.va.gov/aims/).

Traumatic Coach is for anyone who has experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury.

Mindfulness Coach is designed to support independent mindfulness practice. The app also contains information about mindfulness and PTSD symptoms, increasing resilience, self-awareness, improving emotional balance, and building positive skills.

Mood Coach is an app to learn and practice behavioral activation skills for depression and improving mood. The skills it teaches can also be helpful for people with PTSD.

Moving Forward is designed to provide practical information and interactive tools for effective problem-solving and stress reduction. The app may be used alone or with the Moving Forward online course (www.veterantraining.va.gov/movingforward/).

Parenting2Go is a mobile app to help families reconnect after a deployment or improve parenting anytime. The app may be used alone or with the Parenting for Service Members and Veterans online course (www.veterantraining.va.gov/parenting/).

VetChange is an app for anyone who is concerned about their drinking and PTSD. The app may be used alone or in combination with the VetChange website (www.ptsd.va.gov/apps/change).

Date Created: 07/24/2018

How to Download Mobile Apps

1. Open the App Store / Play Store where you can download a mobile app. The icon is pre-installed and can be found on the screen of your phone or in your apps list.
2. Once you launch the App Store / Play Store, select the search icon if you don't see the search bar. Next type "PTSD Coach" (or the name of the app you wish to download) into the search bar and then tap "Search" or search icon as needed. Once you find the app (scroll down if necessary), tap it to select it.
3. Download the selected app by tapping on the "Get" or "Install" button.
4. If asked, enter your Apple or Google ID password or fingerprint.
5. If you remain on the same App Store screen, the "Get" or "Install" button will be replaced by an "Open" button after the download has completed. To access the app, tap this button and follow the on-screen instructions.
6. Once the app finishes downloading, it should automatically create an icon for itself on the home screen. You can tap this icon to open the app at any time without going to the App Store / Play Store again.
7. The first time you open the app, the Software End User License Agreement will appear. To move into the app, you need to read through this and tap the "I Accept" button at the bottom.

License agreement
I agree to the terms and conditions of the license agreement. I understand that it is my sole responsibility to protect and otherwise secure any information captured and stored by the software once installed on my device.

These same instructions can be used to download any VA app.
To learn about more of our apps, please visit: <https://www.ptsd.va.gov>

Email our Mobile Apps Team with app-related questions, feedback, suggestions, or to report bugs: MobileMentalHealth@va.gov



National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

Date Created: 07/24/2018

AGENCY RESOURCES THAT WILL ASSIST VETERANS TO FILE A SERVICE CONNECTED DISABILITY CLAIM

Colorado Division of Veterans Affairs
1355 S Colorado Blvd.
Building C, Suite 113
Denver, CO 80222
(303) 284-6077

American Legion
7465 E 1st Ave, Suite D (Lowry Area)
Denver, CO 80230
303-366-5201
www.legion.org

Paralyzed Veterans of America
Denver VA Regional Office
155 Van Gordon St., Ste. 356
Lakewood, CO 80228
303-914-5590
303-914-5593 (fax)

DAV- National Office
155 Van Gordon St
Lakewood, CO 80228
303-914-5570

Veterans of Foreign War (VFW Posts)
Administrative Office
303-914-5595

County Veteran Service Officer (VSO)
Adams: 303-227-2107
Arapahoe: 303-738-8045
Denver: 303-944-8500
Douglas: 303-663-6200
Jefferson: 303-271-4205
Lincoln: 719-743-2488
Weld: 970-400-3444

Claims are processed by VA Regional Benefit Office:
155 Van Gordon St
Lakewood, CO 80228
Hours are M-F 8:30am-4pm.
Recommended to present early in the day.

Claims can be submitted directly by going to www.ebenefits.va.gov or by contacting VBA at 1-800-827-1000. If filing through ebenefits Veterans have the ability to check on the status of claim.

What Should I Do? Everything Is Closed

Mens Shelters:
Salvation Army Crossroads
1901 29th Street
Denver, CO 80215
(720) 305-4640
Arrive by 4:30 p.m. for admission
Proof of work will allow for admission between 6:00 and 8:00 a.m.

Denver Rescue Mission
1130 Park Avenue West
Denver, CO 80204
(303) 294-0241
Arrive by 10:00 p.m. for admission.

Womens Shelters:
Samaritan House
2301 Lawrence Street
Denver, CO 80202
(303) 294-0241
Present anytime after 5:00 p.m. for admission.

The Delores Project
(303) 534-5411
Call at 5:30 p.m. for bed availability

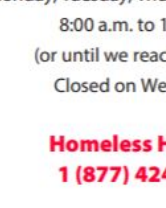
Men, Women, and Family Shelter:
Comita Crisis Center
2178 Victor St.
Aurora, CO 80045
(303) 341-9160
One week beds offered based on lottery held on Tuesdays.

How to contact us:

VA Community Resource and Referral Center (CRRC)
3836 North York Street
Denver, CO 80205
(303) 294-5600
Monday-Thursday, 9:00 a.m. to 5:00 p.m.
Friday, 9:00 a.m. to 1:00 p.m.
(or until we reach capacity)
Closed on Friday


VA Eastern Colorado Health Care System
Homeless Shelter
1700 North Wheeling Street
Aurora, CO 80045
(720) 857-5037
Monday-Thursday, 9:00 a.m. to 5:00 p.m.
Friday, 9:00 a.m. to 1:00 p.m.
(or until we reach capacity)
Closed on Wednesday

Homeless Hotline:
1 (877) 424-5838



Guide to Housing Programs

Health Care for Homeless Veterans Program
Rocky Mountain Regional VA Medical Center
2900 N. Downing Street
Aurora, CO 80045



What Housing Services Are Available?

Grant and Per Diem
Grant and Per Diem is a program that provides transitional housing options in the community.

Veterans and their families are provided a safe residence, case management services, and assistance with employment, education, and/or benefits.

Valer Point
Valer Point is a 40-bed residential facility for homeless veterans and their families. It has significant barriers to maintaining permanent housing.

Veterans remain at Valer Point for four to six months working on a long-term plan and addressing obstacles which have interfered with housing in the past.

HUD-VASH
HUD-VASH is a program that was developed in partnership with the Department of Housing and Urban Development (HUD) and the Department of Veterans Affairs. VASH stands for "VA Supported Housing." It was designed to assist homeless veterans and their families.

Veterans and their families who take part in this program will receive case management services through the VA and a Section 8 Housing Choice voucher, which will support their long-term housing needs.

Additional Resources:

Saint Francis
Saint Francis is a day shelter providing showers, laundry, storage, clothing, cell phone charging stations, and mail services for individuals who are homeless.

Saint Francis
2323 Curtis Street
Denver, CO 80218
(303) 297-1576
Open everyday from 6:00 to 5:30 p.m.

Supportive Services for Veterans and Families (SSVF)
SSVF is a income-based program that provides eviction assistance and first month's rent and deposit to homeless Veterans.

To complete a screening contact them at the information below:

Rocky Mountain Human Services
9900 E. Hill Avenue
Denver, CO 80231
(303) 368-3823

Volunteers of America
1247 Santa Fe Drive
Denver, CO 80204
(720) 501-3367

Who Is Eligible?

Veterans who are homeless or at-risk of homelessness are eligible for our services.

Veterans who are not fully eligible for VA healthcare due to length of service or character of discharge may still be eligible for homeless services.

How Do I Get Started?
Come to either walk-in clinic listed in the brochure to complete the in-take process and to discuss available resources.

What Do I Need to Bring?
Just come as you are. We want to help you meet your goals.

What If I'm Not Enrolled at the VA?
No problem! We will help you get your DD-214 and assist you through the enrollment process.

